



**I. COURSE DESCRIPTION:**

The subject content of this course will give the student a basic knowledge of the front and back of the house in a restaurant operation (The Gallery). This course is in a lab setting and will provide hands on, practical training.

**II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:**

Upon successful completion of this course, the student will demonstrate the ability to:

1. ***Identify various kitchen equipment and tools from the perspective of handling, sharpening, cleaning and storing.***

Potential Elements of the Performance:

Identify and list uses of the following:

- Knives - French, paring, boning
- Slicer
- Palette
- Peeler
- Spatula
- Steel

Identify and list uses of the following hand tools:

- Zester
- Decorator
- Egg slicer
- Cutters
- Rolling pin
- Tongs
- Whip
- Spoons
- Ladles
- Can opener
- Brushes
- Thermometers

Identify and list the uses of the following cooking utensils:

- Stock pot
- Frying pan
- Braising pan
- Sauce pan

- Roasting pan
- Colander
- Strainer
- China cap (chinoise)
- Cutting board

Identify and list the uses of the following large equipment:

- Salamander
- Oven
- Deep fryer
- Stove
- Steamer
- Tilting fry pan
- Grill/griddle

Identify and list the uses of the following mechanical equipment:

- Whipping machine
- Slicer
- Meat grinder
- Rotating bowl
- Blender
- Scale

2. ***Dress in full cooks uniform:***

Potential Elements of the Performance:

- Sturdy shoes (non-slip)
- Checkered pants
- White Chef jacket with name
- Necktie
- Chef's hat
- Apron
- Clean hand towels
- Hair net (or short hair)

3. ***Demonstrate and understand proper fire procedures:***

Potential Elements of the Performance:

- Familiarize oneself with alarm, Extinguishers and fire exists

4. ***Demonstrate and understand the preparation of the following vegetable cuts and flavouring agents (classical names)***

Potential Elements of the Performance:

- Mirepoix
- Matignon
- Macedoine
- Julienne
- Brunoise
- Paysanne
- Jardiniere
- Dice onions
- Slice onions
- Slice onion rings

5. ***Demonstrate and understand the correct food storage procedures and packaging;***

Potential Elements of the Performance:

- Cooling
- Refrigerating
- Freezing
- Saran Wrap
- Foil Wrap
- Sealed Containers
- Dating and Labeling

6. ***Prepare Soups***

Potential Elements of the Performance:

- Demonstrate the mode of preparation of the different types and classifications of soups
- Produce soups of different types
- Utilize different stocks in preparing the different classifications of soups

7. ***Prepare Salads***

Potential Elements of the Performance:

- Use different salad greens, vegetables and fruits to produce eye appealing, flavourful, colourful and proper tasting salads
- Prepare various dressings
- Garnish salads using harmonious combinations of fruits or vegetables

**8. *Prepare Vegetables***Potential Elements of the Performance:

- Identify, cook and present a variety of fresh and frozen vegetables following the correct methods and sanitation and safety rules

**9. *Prepare Potatoes***Potential Elements of the Performance:

- Identify, cook and present fresh and frozen potatoes following the correct methods and sanitation and safety rules

**10. *Clean and Sanitize***Potential Elements of the Performance:

- Clean and sanitize all work areas immediately after use following the sanitation code book procedures
- Clean and sanitize all tools and equipment immediately after each use following sanitation procedures
- Clean and Sanitize all dishes pots and pans immediately after each use following sanitation procedures

**III. TOPICS:**

1. Kitchen Equipment
2. Uniforms
3. Fire Procedures
4. Vegetable Cuts/Flavourings
5. Food Storage/Packaging

**IV. REQUIRED RESOURCES/TEXTS/MATERIALS:**

Professional Cooking, 7<sup>th</sup> edition, W. Gisslen

**V. EVALUATION PROCESS/GRADING SYSTEM:**

The following semester grades will be assigned to students in postsecondary courses:

<b>Grade</b>	<b><u>Definition</u></b>	<i>Grade Point Equivalent</i>
A+	90 – 100%	4.00
A	80 – 89%	3.00
B	70 - 79%	2.00
C	60 - 69%	1.00
D	50 – 59%	0.00
F (Fail)	49% and below	
CR (Credit)	Credit for diploma requirements has been awarded.	
S	Satisfactory achievement in field /clinical placement or non-graded subject area.	
U	Unsatisfactory achievement in field/clinical placement or non-graded subject area.	
X	A temporary grade limited to situations with extenuating circumstances giving a student additional time to complete the requirements for a course.	
NR	Grade not reported to Registrar's office.	
W	Student has withdrawn from the course without academic penalty.	

## VI. SPECIAL NOTES:

### **Dress Code:**

All students are required to wear their uniforms while in the Hospitality and Tourism Institute, both in and out of the classroom.

**Without proper uniform, classroom access will be denied**

### **Attendance:**

Sault College is committed to student success. There is a direct correlation between academic performance and class attendance; therefore, for the benefit of all its constituents, all students are encouraged to attend all of their scheduled learning and evaluation sessions. This implies arriving on time and remaining for the duration of the scheduled session.

## VII. COURSE OUTLINE ADDENDUM:

The provisions contained in the addendum located on the portal form part of this course outline.